

### 30 MINUTE WALK

- Distance:** 1.3 miles (loop)
- Terrain:** Paved sidewalk
- Amenities:** Parking and restrooms
- Level:** Gradual incline, moderate/challenging
- Highlights:** Waterfront and downtown

### 20 MINUTE WALK

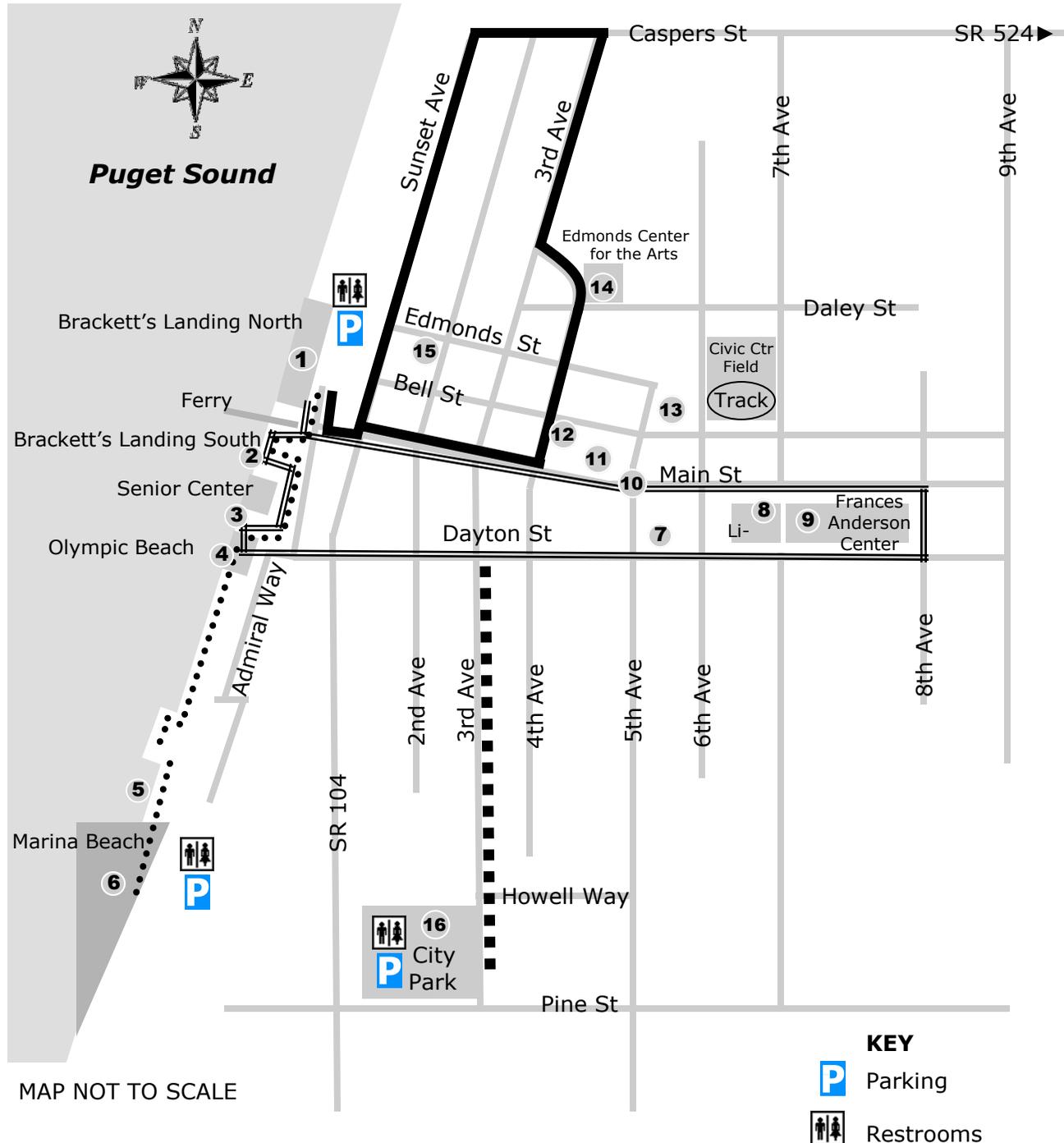
- Distance:** 1 mile (loop)
- Terrain:** Paved sidewalk
- Amenities:** Parking and restrooms
- Level:** Flat, with slight incline
- Highlights:** Views of Puget Sound and the Olympic Mountains

### 15 MINUTE WALK

- Distance:** .5 miles (roundtrip)
- Terrain:** Paved sidewalk
- Amenities:** Parking and restrooms
- Level:** Flat
- Highlights:** Waterfront Walkway

### 10 MINUTE WALK

- Distance:** .25 miles (roundtrip)
- Terrain:** Paved sidewalk
- Amenities:** Parking and restrooms
- Level:** Flat
- Highlights:** Add .25 miles to route



### WALK THE TRACK (6<sup>th</sup> & Bell)

2 laps = .5 miles  
 (15 minutes)  
  
 4 laps = 1 mile  
 (30 minutes)

### HISTORIC SITES & PUBLIC ART

1. Brackett's Landing North- Landing site of George Brackett in 1874
2. Brackett's Landing South (ART: *Beach Launch*)
3. Waterfront Walkway (ART: *Sidewalk Elements, Friendship Tree, Locals, Bull Kelp and Sea Life Elements*)
4. Olympic Beach (ART: *Seeing Whales, Edmonds Breakwater Run, Recycled Salmon*)
5. Edmonds Marina
6. Marina Beach
7. Edmonds Opera House became Masonic Temple in 1944, 5<sup>th</sup> & Dayton
8. Edmonds Library (ART: *Vision*) (spectacular view of Puget Sound on top of the library)
9. Edmonds Elementary built in 1928 became the Frances Anderson Center in 1979 (ART: *Snowy Owl*) 7<sup>th</sup> & Main
10. Roundabout in downtown Edmonds (ART: *Cedar Dreams*) 5<sup>th</sup> & Main
11. Princess Theater built in 1929, now Edmonds Movie Theater
12. Edmonds Baptist Church built in 1909 moved to this site in 1929, 4<sup>th</sup> & Bell
13. City of Edmonds Public Safety Complex (ART: *Noon Mark, Waters of Justice*) 5<sup>th</sup> & Bell
14. Site of original Edmonds High School built in 1909, now Edmonds Center for the Arts, 4<sup>th</sup> & Daley
15. Wells House built in 1891, one of the oldest houses in Edmonds, 120 Edmonds Street
16. Edmonds City Park, 3rd & Howell Way

## Why walk?

- ☞ Safest form of exercise
- ☞ Helps with weight loss
- ☞ Brisk walking (one mile every 15-20 minutes) can help lower risk of heart attack and stroke
- ☞ Helps lower blood pressure
- ☞ Raises sense of well-being
- ☞ Reduces stress

## Walking Tips

- ☞ *Choose proper footwear.*  
Invest in a good pair of walking shoes.
- ☞ *Carry a few essentials.*  
Identification, pocket change, first aid essentials and water.
- ☞ *Protect yourself from the sun.*  
Wear sunglasses, hat and sunscreen.

## Safety Tips

- ☞ *Be visible!* Wear reflective clothing at dusk, dawn and night. During the day, wear bright, light clothing.
- ☞ *Make sure drivers see you.* Don't dart out or suddenly enter the street.
- ☞ *Be alert.* Be aware of all traffic particularly vehicles making a "right on red."
- ☞ *Walk with a friend.* Walking with someone is safer than walking on your own.

## Other Edmonds Brochures

**Public Art Walk**  
Detailed information on public art and the artists.

**Historic Walk**  
Historic site details and locations.

**Yost Park Trails**  
Trail details and park history.

**Bike Map**  
Bicycling routes and terrain details.

**CRAZE Recreation Guide**  
Kids and adult classes - fitness, gymnastics, art, special interest, outdoor recreation, sports leagues and more!

**Cemetery Walk**  
Self-guided tour of the final resting places for some of Edmonds' most memorable citizens.

# Walking Edmonds

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EVERY



STEP

COUNTS

Find Yourself  
Healthier  
in Edmonds!



City of Edmonds  
Parks, Recreation & Cultural Services  
700 Main Street  
Edmonds, WA 98020

[www.ci.edmonds.wa.us](http://www.ci.edmonds.wa.us) | [www.reczone.org](http://www.reczone.org)

City of Edmonds Parks, Recreation & Cultural Services  
425-771-0230